

Table 69. Healthy weight, overweight, and obesity among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, and 1988–94

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

| Sex, age, race, and Hispanic origin ¹ | Healthy weight ² | | | | Overweight ³ | | | | Obesity ⁴ | | | |
|---|-----------------------------|---------|----------------------|---------|-------------------------|---------|----------------------|---------|----------------------|---------|----------------------|---------|
| | 1960–62 | 1971–74 | 1976–80 ⁵ | 1988–94 | 1960–62 | 1971–74 | 1976–80 ⁵ | 1988–94 | 1960–62 | 1971–74 | 1976–80 ⁵ | 1988–94 |
| Percent of population | | | | | | | | | | | | |
| 20–74 years, age adjusted ⁶ | | | | | | | | | | | | |
| Both sexes ^{7,8} | 51.2 | 48.8 | 49.6 | 41.7 | 44.8 | 47.7 | 47.4 | 56.0 | 13.3 | 14.6 | 15.1 | 23.3 |
| Male | 48.3 | 43.0 | 45.4 | 37.9 | 49.5 | 54.7 | 52.9 | 61.0 | 10.7 | 12.2 | 12.8 | 20.6 |
| Female ⁷ | 54.1 | 54.3 | 53.7 | 45.3 | 40.2 | 41.1 | 42.0 | 51.2 | 15.7 | 16.8 | 17.1 | 26.0 |
| White male | 47.6 | 42.4 | 44.8 | 36.7 | 50.2 | 55.4 | 53.8 | 62.3 | 10.5 | 11.8 | 12.5 | 21.0 |
| White female ⁷ | 56.5 | 56.6 | 56.1 | 47.2 | 37.5 | 38.8 | 39.4 | 49.4 | 14.2 | 15.4 | 15.5 | 24.3 |
| Black male | 53.2 | 47.3 | 46.4 | 40.3 | 43.9 | 50.4 | 51.4 | 58.0 | 14.0 | 16.8 | 16.7 | 21.1 |
| Black female ⁷ | 36.0 | 34.9 | 34.4 | 28.6 | 59.2 | 60.5 | 63.2 | 68.5 | 26.8 | 29.7 | 31.3 | 39.0 |
| White, non-Hispanic male | --- | --- | 45.3 | 37.4 | --- | --- | 53.4 | 61.6 | --- | --- | 12.4 | 20.7 |
| White, non-Hispanic female ⁷ | --- | --- | 56.7 | 49.2 | --- | --- | 38.7 | 47.2 | --- | --- | 15.4 | 23.3 |
| Black, non-Hispanic male | --- | --- | 46.6 | 40.0 | --- | --- | 51.3 | 58.2 | --- | --- | 16.5 | 21.3 |
| Black, non-Hispanic female ⁷ | --- | --- | 35.0 | 28.9 | --- | --- | 62.6 | 68.5 | --- | --- | 31.0 | 39.1 |
| Mexican male | --- | --- | 37.1 | 29.8 | --- | --- | 61.6 | 69.4 | --- | --- | 15.7 | 24.4 |
| Mexican female ⁷ | --- | --- | 36.4 | 29.1 | --- | --- | 61.7 | 69.6 | --- | --- | 26.6 | 36.1 |
| 20–74 years, crude | | | | | | | | | | | | |
| Both sexes ^{7,8} | 50.8 | 49.3 | 50.5 | 42.6 | 45.2 | 47.0 | 46.4 | 55.0 | 13.5 | 14.4 | 14.7 | 22.7 |
| Male | 48.3 | 44.1 | 46.8 | 39.3 | 49.4 | 53.5 | 51.5 | 59.6 | 10.7 | 12.0 | 12.3 | 19.9 |
| Female ⁷ | 53.2 | 54.1 | 53.9 | 45.9 | 41.2 | 41.0 | 41.6 | 50.5 | 16.1 | 16.7 | 16.8 | 25.5 |
| White male | 47.6 | 43.4 | 46.1 | 37.8 | 50.2 | 54.3 | 52.5 | 61.1 | 10.4 | 11.7 | 12.1 | 20.4 |
| White female ⁷ | 55.4 | 56.1 | 55.9 | 47.5 | 38.9 | 39.1 | 39.4 | 49.0 | 14.7 | 15.4 | 15.3 | 24.0 |
| Black male | 53.5 | 48.5 | 49.5 | 41.7 | 43.9 | 49.3 | 48.5 | 56.7 | 14.1 | 16.0 | 15.0 | 20.9 |
| Black female ⁷ | 36.4 | 36.5 | 37.2 | 30.9 | 58.8 | 58.2 | 60.0 | 65.9 | 26.6 | 28.7 | 29.8 | 37.0 |
| White, non-Hispanic male | --- | --- | 46.4 | 38.1 | --- | --- | 52.2 | 60.8 | --- | --- | 12.0 | 20.3 |
| White, non-Hispanic female ⁷ | --- | --- | 56.4 | 49.2 | --- | --- | 38.9 | 47.1 | --- | --- | 15.2 | 23.1 |
| Black, non-Hispanic male | --- | --- | 49.6 | 41.4 | --- | --- | 48.4 | 57.0 | --- | --- | 14.9 | 21.1 |
| Black, non-Hispanic female ⁷ | --- | --- | 37.7 | 31.1 | --- | --- | 59.4 | 66.2 | --- | --- | 29.5 | 37.2 |
| Mexican male | --- | --- | 41.6 | 35.2 | --- | --- | 57.0 | 64.0 | --- | --- | 14.6 | 20.7 |
| Mexican female ⁷ | --- | --- | 40.1 | 32.2 | --- | --- | 57.4 | 66.2 | --- | --- | 23.8 | 33.6 |
| Male | | | | | | | | | | | | |
| 20–34 years | 55.3 | 54.7 | 57.1 | 51.1 | 42.7 | 42.8 | 41.2 | 47.5 | 9.2 | 9.7 | 8.9 | 14.1 |
| 35–44 years | 45.2 | 35.2 | 41.3 | 33.4 | 53.5 | 63.2 | 57.2 | 65.5 | 12.1 | 13.5 | 13.5 | 21.5 |
| 45–54 years | 44.8 | 38.5 | 38.7 | 33.6 | 53.9 | 59.7 | 60.2 | 66.1 | 12.5 | 13.7 | 16.7 | 23.2 |
| 55–64 years | 44.9 | 38.3 | 38.7 | 28.6 | 52.2 | 58.5 | 60.2 | 70.5 | 9.2 | 14.1 | 14.1 | 27.2 |
| 65–74 years | 46.2 | 42.1 | 42.3 | 30.1 | 47.8 | 54.6 | 54.2 | 68.5 | 10.4 | 10.9 | 13.2 | 24.1 |
| 75 years and over | --- | --- | --- | 40.9 | --- | --- | --- | 56.5 | --- | --- | --- | 13.2 |
| Female ⁷ | | | | | | | | | | | | |
| 20–34 years | 67.6 | 65.8 | 65.0 | 57.9 | 21.2 | 25.8 | 27.9 | 37.0 | 7.2 | 9.7 | 11.0 | 18.5 |
| 35–44 years | 58.4 | 56.7 | 55.6 | 47.1 | 37.2 | 40.5 | 40.7 | 49.6 | 14.7 | 17.7 | 17.8 | 25.5 |
| 45–54 years | 47.6 | 49.3 | 48.7 | 37.2 | 49.3 | 49.0 | 48.7 | 60.3 | 20.3 | 18.9 | 19.6 | 32.4 |
| 55–64 years | 38.1 | 41.1 | 43.5 | 31.5 | 59.9 | 54.5 | 53.7 | 66.3 | 24.4 | 24.1 | 22.9 | 33.7 |
| 65–74 years | 36.4 | 40.6 | 37.8 | 37.0 | 60.9 | 55.9 | 59.5 | 60.3 | 23.2 | 22.0 | 21.5 | 26.9 |
| 75 years and over | --- | --- | --- | 43.0 | --- | --- | --- | 52.3 | --- | --- | --- | 19.2 |

--- Data not available.

¹The race groups, white and black, include persons of Hispanic and non-Hispanic origin.

²Body mass index (BMI) of 18.5 to less than 25 kilograms/meter² (see Appendix II, Body mass index).

³BMI greater than or equal to 25.

⁴BMI greater than or equal to 30.

⁵Data for Mexicans are for 1982–84. See Appendix I.

⁶Age adjusted to 2000 population using 5 age groups. See Appendix II, Age adjustment.

⁷Excludes pregnant women.

⁸Includes persons of all races and Hispanic origins, not just those shown separately.

NOTES: Percents do not sum to 100 because the percent of persons with BMI less than 18.5 is not shown and the percent of persons with obesity is a subset of the percent with overweight. Height was measured without shoes; two pounds are deducted from data for 1960–62 to allow for weight of clothing.

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Health Examination Statistics. Unpublished data.